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inENTERTAINMENT

WLJS Interviews Barry Manilow



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inSPORTS



JSU sends GSU home packing

Page 5

THE CHANTICLEER

Telling you your mouth is lame since 1984

Volume 60, Issue 3

The Student newspaper of Jacksonville State University since 1934

September 22, 2011

inTHE NEWS

Friends of Houston Cole: Ted Dunagan

FROM NEWS WIRE

Jacksonville State University and the Friends of the Houston Cole Library will present author Ted M. Dunagan on Thursday, October 13 at 7 p.m. in Room 1103 B of the Houston Cole Library.

The award winning author will speak on his three books about growing up in the rural south, near Grove Hill, Alabama. Dunagan has appeared previously at Jacksonville State University as part of the On the Brink Conference of Emerging Southern Writers. This event will coincide with the publication of the third book in his series that traces the friendship between twelve-year-old Ted Dillon, his fictional self, and Poudlum, a fictional black youngster based on Dunagan's real-life friend.

The titles in sequence are: A Yellow Watermelon, Secret of the Satilfa, and Trouble on the Tombigbee. The first two books have won numerous awards, including Georgia Author of the Year in the Young Adult



Invisible Children Founders in Uganda. PHOTO COURTESY OF WWW.INVISIBLECHILDREN.COM

INVISIBLE CHILDREN

What started out as a filmmaking adventure transformed into much more when these boys from Southern California discovered a tragedy that disgusted and inspired them, a tragedy where children are both the weapons and the victims. After returning to the States, they created the documentary Invisible Children: Rough Cut and The Invisible Children Project which is to visit JSU Sept 26.

For story see **page 2**

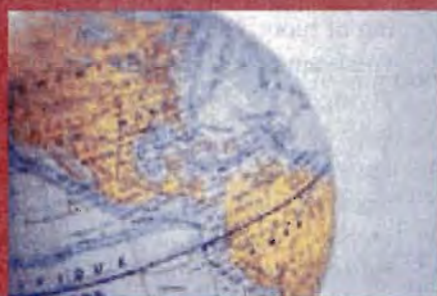
Dillon, his fictional self, and Poudlum, a fictional black youngster based on Dunagan's real-life friend.

The titles in sequence are: A Yellow Watermelon, Secret of the Satilfa, and Trouble on the Tombigbee. The first two books have won numerous awards, including Georgia Author of the Year in the Young Adult category. Preachers, bootleggers, bank robbers, and questionable lawyers populate his suspenseful plots. The issue of civil rights for blacks appears as a recurrent theme as Ted and Poudlum integrate the cotton fields and promise they will one day eat ice cream together, despite the prejudices of the owner of the drug store. Those new to the South, or those who grew up here in more modern times, will be mesmerized by Dunagan's meticulous descriptions of cane syrup making, hog butchering, church gatherings, and the nitty-gritty existence of everyday life in 1948 South Alabama.

In addition to his novels, Dunagan writes features and columns for The Monticello News in Monticello, Georgia, where he lives with his wife.

Copies of Mr. Dunagan's books will be available for purchase and signing, and refreshments will be served after the presentation.

This event is free and open to the public.



International students of JSU tell us about where they come from in this new section of The Chanticleer.

**Next Stop:
Everywhere?**

On Campus 2

Opinion 3

Entertainment 4

Sports 5-6

What started out as a filmmaking adventure transformed into much more when these boys from Southern California discovered a tragedy that disgusted and inspired them, a tragedy where children are both the weapons and the victims. After returning to the States, they created the documentary Invisible Children: Rough Cut and The Invisible Children Project which is to visit JSU Sept 26.

For story see page 2

Student Health Center Launches Project Vortex

By EMERALD DUKES
STAFF WRITER

Of all the many services Jacksonville State University has to offer on campus, the Student Health Center is the one most commonly used. Students can visit the Student Health Center for everything from a common cold to a pulled muscle. Now, the Student Health center is proud to announce a new service to the students of JSU - Project Vortex.



Project Vortex is a collaborative effort between the JSU Student Health Center and the Health Service Center

located in Anniston, Alabama. The Health Service Center of Anniston is an organization aimed to promote HIV/AIDS education, safe sex initiatives, and personal health awareness. Project Vortex is funded by a federal grant which allows the JSU Student Health center to offer free HIV/AIDS testing. This free, anonymous, and no appointment needed testing is done every

first Tuesday of the month (Oct. 4th, Nov. 1st, and Dec. 6th) from 10 am to 3 pm. Director of the Student Health Center, Amanda Bonds, states, "The JSU Student Health Center has never been able to offer testing free of charge, so we are hoping this allows us to reach a large group of students on campus."

After completion of the HIV/AIDS test, students will have the option of taking the time to compile a few personal goals and discuss future healthy choices. By doing this, each student while receive a \$20 gift card for their time. But wait, that's not it! The student will also have the opportunity to come back to the Student Health Center for a follow up. There they will discuss the goals they set before and determine how they are doing at reaching them. This session also rewards the student with another \$20 gift card. So, for less than an hour of their time, students can receive a free HIV/AIDS test, \$40 in gift cards, and tons of information on how to lead a healthy sex life.

Another benefit of the federal

grant JSU received is the update of the Student Health Center's "party packs." These packs can be picked up at any time at the Student Health center and are filled with items to promote and ensure safe sex for students. Packs now include a more variety of items and newer brands.

Along with this new service offered on campus, JSU Student Health Center and the Anniston Health Service Center have created Peer Advisory Groups. These groups are student driven groups that are asked what works and what doesn't on campus. PAGs will soon be looking for students who want to take part in their efforts of improving JSU.

With all of the old and new services the JSU Student Health Center is offering, students are able to take care of many of their needs on campus. The JSU Student Health Center will also be sending out a survey towards the end of the month asking students to provide feedback of their experiences with and how they utilize the health center.

gamecockSPORTS



**Update on
Marques Ivory**

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Profile:

New volleyball coach Goodson has great expectations.

Page 5

JSU Soccer:

Women's soccer beats Jackson State in OT
1-nothing, falls to troy 2-1.

Page 6

CAMPUS & LOCAL

COMMUNITY, CAMPUS AND SOCIAL NEWS YOU CAN USE

BRIEFS

CAMPUS CRIME

Friday, September 9

- Assist Other Law Enforcement Agency on Century Road
- Threat Assessment at Daugette Hall
- Theft of Property at Stephenson Hall
- Property Damage at TMB
- Threat Assessment at Daugette Hall
- Theft of Property at Fitzpatrick Hall

Saturday, September 10

- Theft of Property at Stadium Towers

Monday, September 12

- Criminal Mischief at Field House Parking Lot
- Information Report at Fitzpatrick Hall
- Automobile Accident Coffee Circle
- Information Report at Curtiss Hall
- Automobile Accident on Dixon Hall
- Parking Lot
- Harassing Communications at Dixon Hall

Tuesday, September 13

- Theft of Property at TMB

From Wednesday, September 21 through Sunday, September 25, the lobby area will be closed to EVERYONE. The ONLY entrance available will be through the outside door to the pool, for any reason during this time. Thank you for your cooperation.

The Jacksonville State University Small Business Development Center, the SBA, and the Calhoun County Chamber of Commerce will offer counseling for small business owners at no charge on Thursday, October 6 from 1:00 p.m. to 4:00 p.m. at the Chamber office. For more information, or your appointment, please call (256) 782-5271.

There will be a campus American Red Cross Blood Drive on Tuesday, September 27, 2011 from 10 a.m. - 2 p.m. in front of Merrill Building.

To give blood, please bring photo ID or American Red Cross Donor Card.

The SGA is sponsoring a night with Invisible Children Monday, September 26th at 7 p.m. in Leone Cole Auditorium. Admission is free. For more information contact Lauren Herring at 256-295-2867 or Ariaah Jackson, ext. 5905.

From page one, Children

By EMERALD DUKES
STAFF WRITER

On September 26, 2011, the Invisible Children Organization will be coming to Jacksonville State University. Invisible Children is a movement seeking to end the conflict in Uganda and stop children from being put into war at a young age. This will be Africa's fourth year coming to JSU. Invisible Children uses film, creativity and social action to end the use of child soldiers in Joseph Kony's rebel war and restore Lord's Resistance Army (LRA). These children are both the weapons and victims.

LRA is a guerrilla group that is involved in a violent campaign to create theocratic government in Uganda. LRA has a reputation of violent actions against several countries. Northern Uganda, the Democratic Republic of Congo and Sudan have suffered from these hatred crimes. The LRA has abducted and forced many children into war.

Loran Herring administers the charity, the advertising, and

26 years. Invisible Children does counseling, education funding, rebuilds schools and rebuilds the economy."

"A girl from Africa who was affected by the LRA, will be coming to speak out and there will also be a quick video being shown," said Herring. Kappa Kappa Psi, Phi Mu Alpha, and Sigma Alpha Iota are music fraternities that are sponsoring this organization.

ICO has a lot of positive movements established that helps the children in Uganda. The Invisible Children has a protection plan that involves building a High Frequency Communication Network that gives the most vulnerable communities the ability to receive warnings of LRA activity, and alert local security forces to LRA violence and give people the information. There is a funding Search and Rescue Teams that find, identify, and reunite the children with their families. The Promotion of Arrest of Joseph Kony and other top LRA Commanders

level of vulnerability, with special consideration given to children who are total orphans, heads of households, formerly abducted returnees, those living positively with HIV/AIDS or children who are mothers.

The Bracelet Campaign helps Internally Displaced Persons generate income in a nearly unemployable environment. The Village Savings and Loan Associations provides members with three benefits: a way to save money, a way to earn interest, and a way to access previously unavailable capital to start small business. The Teacher Exchange supports schools for schools partners as they work to bring classrooms in better shape. ICO created the Mend which is a personal connection between products buyers and their makers. Mend are bags that are crafted by women formerly abducted by the LRA, and each bag features the name of the women who made the bags.

This organization started because of three young men, filmmakers from California traveled

Hall

Tuesday, September 13

- Theft of Property at TMB
- Domestic Dispute and Trespass Warning at Logan Hall
- Theft of Property at Brewer Hall
- Violation of Student Code of Conduct on Mountain Street
- Property Damage at Curtiss Hall Parking Lot
- Violation of Student Code of Conduct on Mountain Street
- Violation of Student Code of Conduct at Dixon Hall

Wednesday, September 14

- Theft of Property at Pete Mathews Coliseum
- Violation of Student Code of Conduct Dixon Hall
- Information Report at Fitzpatrick Hall

Democratic Republic of Congo and Sudan have suffered from these hatred crimes. The LRA has abducted and forced many children into war.

Loran Herring administrates the charity, the advertising, and spreading the word about the Invisible Children. Herring went to Africa in 2008 and saw how the economy was heavily affected. "I feel strongly about this organization; this is bigger than me, you, and I want as many people to get involved and make a change," said Herring. "This war in Uganda has been going on for

LRA violence and give people the information. There is a funding Search and Rescue Teams that find, identify, and reunite the children with their families. The Promotion of Arrest of Joseph Kony and other top LRA Commanders are apart of the protection plan. Invisible Children provides the Educating of Local Communities and encouraging safe LRA surrenders with the rehabilitation and resettlement with their families. Invisible Children developed the Legacy Scholarship Program that awards those based on a combination of academic performance and

and their makers. Mend are bags that are crafted by women formerly abducted by the LRA, and each bag features the name of the women who made the bags.

This organization started because of three young men, filmmakers, from California traveled to Uganda in 2003. They made and have promoted the documentary entitled "Invisible Children: Rough Cut" to show how the children in Uganda at night would travel away from home and hide to avoid being kidnapped and faced to serve as soldiers.

A hundred percent blood juice

By STEFFON MIDDLETON
STAFF WRITER

Through October twelfth and the thirteenth, a blood drive, put on by the Student Government Association and the good people of the American red cross, will be held in the third floor student auditorium of the Theron Montgomery Building between 10:30 a.m. and 4:00 p.m.

"I think it is a wonderful thing," responded SGA adviser, Debby Taylor. "The thought of so many people coming out to give blood! It is amazing!"

When asked about what she thought about the blood drive, counselor Linda Shelton said, "It can save lives. There is nothing wrong with giving a little bit of what you have to save another

person. It's easy. I think everyone should give it a shot."

Although it everyone is advised to come out and join in the drive for blood, there are certain recommendations and criteria that gracious doers should be aware of. For starters, it is encouraged that the doer in question should be sure to indulge in some form of nourishment on the day that he or she will be giving blood. Once the procedure is over, do not leap up immediately. The body will need a short time to recover, so take it easy. Of course, the act of giving blood is definitely commendable, but we don't want anyone going head first into the floor.

"Also," said SGA adviser, Debby Taylor, "a person can only give blood every fifty-six days. If you have given blood recently, it will probably be a good idea to wait. Also, you have to be at least seventeen years old and weigh at least 110 pounds."

Remember this, the giving of blood can save lives. If you want to make a difference by giving blood, then you're already halfway there. It starts with the desire to act, the drive and compassion to want to do it. Come on out to the Theron Montgomery Building on October twelfth or the thirteenth and give the gift of life.

campusEVENTS

TODAY

Pep Rally :
Burgess-Snow Field
8:00 pm



Friday, September 23

Growin' Up Wild for Pre-school Children: Butterfly Flutterby!
Little River Canyon Center,
Fort Payne, AL
11:00 am - noon



Tuesday, September 20

Fab 40's/ Nifty 50's Luncheon :
11th Floor Houston Cole Library
11:00 am - 2:00 pm



OPINION & LOCAL

Where in the world...? Triple Frontier edition

By ADRIANA BORDA
SPECIAL TO THE CHANTICLEER

When someone asks me where I am from, I usually reply "I'm from Brazil" or "I'm Brazilian".

Deep down inside, though, I don't feel that way. You see, my mom is from Paraguay, my dad from Bolivia, I was born in Argentina, and I grew up in Brazil – to be even more specific I grew up in the Triple Frontier between Argentina, Brazil, and Paraguay. I do have an Argentinean and a Brazilian passport, but I came to this country as a Brazilian.

Do I identify myself with only one country? No. I can assure you that my digestive system identifies with them all. Home cooking was taken to another level, and my family would not repeat a meal during the week.

Another great thing about being a latina mix? The ability to speak several languages. If my parents were a bit stricter with me I would be speaking Guaraní (native language in Paraguay), Quechua (native language in Bolivia), Spanish, Portuguese,

and English – however, the only time I learned the first two languages was by naming my dogs – so I am only a trilingual who can read a bit of Italian and French.

My hometown is the triple border I mentioned earlier, but if you would like to know more about it I suggest you search "Iguassu Falls" and "Itaipu" on Google, and be amazed. Foz do Iguaçu, in Brazil, is home to a large number of immigrants from all over the world. Ciudad del Este, in Paraguay is home to all "Made in China" merchandise and replicas of several high-end brands (seriously, the town is a huge shopping mall). Puerto Iguazú, in Argentina has great gemstones, leather clothing, and a fancy casino.

Here in the United States, I heard I was not Brazilian enough. Maybe I really am not. I hate Rio de Janeiro. I hate it because Brazil is not Rio. Brazil is a gorgeous country, not a city with a huge statue and big tight buttocks. You see though, Brazil



PHOTO FROM JLUMSDEN/Flickr.COM

is a country made of innumerable mixed cultures, and people from all over the world call it their home. Brazil is an exotic beautiful mixture, and if we only look at that aspect then I am fully Brazilian – who happens to hate Rio de Janeiro.

Since I have not fully experienced all the countries I have lived in, I will make a brief summary of the four countries according to what I my eyes, tummy, and wallet have noticed:

Argentina: Though I was born there and I live right next to it, I have not spent much time there and I also do not feel right saying much about it – I'll leave the task to the golf team. I will say some things I do know about Argentina: it is home of beautiful women, great food, delicious sweets (pastafrola and alfajor – I miss you dearly), and the BEST dulce de leche in the whole world. Also, Buenos Aires is there – yes, the capital – and I love that city with all my heart.

Bolivia: I have only been

to my dad's country twice, so I do not feel entitled to say much about it either. I can tell you, however, that it is a culturally rich country with awesome food and great handcrafted gifts – that's all I can remember, because I'm a food lover and I'm a shopaholic.

Paraguay: I have only been to three cities: Ciudad del Este, Encarnación, and the capital Asunción. It's a country with lots of potential, but due to political corruption it is still a bit behind compared to the rest of the South American countries. I love Paraguayan food, I love terere, I love the handcrafting Ñanduti, I love the fact that you can find mango, orange, and avocado trees on a walk to work. It's naturally delicious. The best thing about Paraguay is my mom, and I love her very much.

Brazil: amazing food, great beaches, unbelievable sexy bodies. I invite you, reader, to have the time of your life at either 2014 FIFA World Cup or 2016 Summer Olympics.

Calvin and Hobbes

Courtesy gocomics.com





Want to see local comics in the Chanticleer? So do we! Submit your comic strip or editorial cartoon to brunnallyAE@gmail.com and we'll run it here!

MOVIE REVIEWS

By MINNIE MARBURY
STAFF WRITER

Columbiana

Columbiana stars Zoe Saldana, who plays Cataleya. She watches as her parents are killed in front of her and as she escapes promises to get revenge. She makes her way to the U.S. where she is trained by her uncle to be a professional killer. She then goes on a journey to find her parents' killers and repay them for what they did to her.



Columbiana is very action packed and suspenseful. Zoe Saldana did a wonderful job. I recommend this movie to anyone that likes a hot action movie.

The Lion King

The Lion King is back again and remastered. The movie is only available for two weeks and is being shown in 3D for the first time ever. The story is about a young cub, Simba, who is tricked by his evil uncle into thinking that he is the cause of his father's death. Simba runs away only to be found years later by an old friend and convinced to come save his father's kingdom from his evil uncle. With the help of friends and family, Simba defeats his uncle and reclaims his father's throne. This is a wonderful family movie.

If you have never seen Lion King before, or you just can not get enough of the priceless classic, this is the movie for you.



THE CHANTICLEER

The Student newspaper of Jacksonville State University since 1934

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LETTERS TO THE EDITOR POLICY:

The Chanticleer welcomes letters to the editor. Letters for publication must be limited to 300 words and must be typed. Letters may be hand-delivered or sent through campus mail to our offices in Room 180, Self Hall, or to the mailing address. Letters may also be e-mailed to chantyeditor1@gmail.com.

The Chanticleer will not print letters which are libellous or defamatory. Letters may be edited for style, brevity or clarity. The Chanticleer reserves the right to refuse publication of any submission. Letters must be received by noon on the Monday before the desired publication date.

There will be at least two weeks between publication of letters from the same person. Rebuttals will be published no later than two weeks after publication of the article, editorial or letter in question.

ARTS & HEALTH



Barry Manilow phoned in with WLJS's Billy Ramsey.
PHOTO FROM OOH.O.COM

A moment with a legend

By **BILLY RAMSEY**
WLJS ASSISTANT PROGRAM DIRECTOR

It isn't everyday that you get to talk to a living legend, but I recently had that opportunity when I got to interview Barry Manilow. The following is just a piece of the interview that aired on WLJS 91.9 fm last week. The full interview will be available on our YouTube site by Thursday September 22nd.

Billy Ramsey: Ladies and Gentlemen I give you the legendary, Mr. Barry Manilow. Mr. Manilow how are you sir?

Barry Manilow: Doing very well Billy, how are things over there?

BR: Absolutely beautiful day here, warm and very nice.

BM: Great, great, well Billy, let's talk.

BM: You know, I tell you Billy, if I thought about that I would probably get paralyzed. I never think like that. I just create the most beautiful music I can create and send it out there. Sometimes it works, sometimes it doesn't. And I go back to work and I do it again, and again, and again, and I don't look up. That's the trick for composers and artists, don't look up. If you look up and sniff the "trend machine" and see what's going on out there then you're lost. I hardly ever listen to the radio, I do listen to music that will inspire me. But I have to stay original. One way to do that is not to try and copy what's on the radio or TV. I have never done that, maybe it's just an instinct of mine. Maybe that's one of the things that have kept me out there. The work I do might sound interesting to the public.

BR: That is "Written in Stone".

BM: WOW! You're the first one. You are the first person to name that song as their favorite. Thank you Billy, it's one of mine too.

BR: Well, it speaks volumes to me and where I have become in my own life. It's a wonderful and classic Barry Manilow.

BM: Thank you. These kinda songs, the ones I know are going to effect people, come very quickly when I am composing. When I have to struggle and come back to song the next day and the next, I know its not going to work with the fans because they can hear that struggle in the music. But when they come really fast I can count on the public is going to relate to it. That song happened so quickly

An interview with Rick Bragg

By **KARA COLEMAN**
STAFF WRITER

This past Friday, the Honors Program at JSU hosted local author Rick Bragg for an evening of Reflections and Reading. I had the privilege of sitting down with Bragg for an interview before he spoke. This is what he shared.

Q: When did you first realize that you wanted to write?

A: I've always known that I could tell stories. I grew up listening to the best storytellers in the world; my uncles and aunts could make me see and hear what they saw and heard. I could taste blood in my mouth from fights they had been in. That's how real it was. Since writing is just the manual labor involved in storytelling, I guess you could say I've always been a writer.



Rick Bragg
COURTESY UNIVERISTY OF ALABAMA

Billy, how are things over there?

BR: Absolutely beautiful day here; warm and very nice.

BM: Great, great, well Billy, let's talk.

BR: Well, sir, it's an honor to talk to someone who has not only won Grammy Awards, but Emmy Awards, Tony Awards, correct me if I am wrong but you also have RIAA plaques as well.

BM: Right, many of those.

BR: And Hall of Fame, 4 time platinum album sales, these are things that you don't see in today's music and market. What do you attribute to your longevity and your success over so long a period?

I have to stay original. One way to do that is not to try and copy what's on the radio or TV. I have never done that, maybe it's just an instinct of mine. Maybe that's one of the things that have kept me out there. The work I do might sound interesting to the public. That would be my advice to young people. Don't look, don't try to copy. If you're going to go up there and wear crazy outfits, well Lady Gaga already done that. You have to figure out your own way of looking different.

BR: You have a formula for success, with songs like "Mandy" and "Copacabana" and this album will follow suit. I will be honest with you, I do have a favorite song on this album.

BM: Okay, go on.

I have to struggle and come back to song the next day and the next, I know its not going to work with the fans because they can hear that struggle in the music. But when they come really fast I can count on the public is going to relate to it. That song happened so quickly I don't remember composing it.

BR: Some of the greatest songs were written in no time at all. Its almost like it's effortless.

BM: Well that's what you get, the listener gets that it was effortless and there was no struggle. As a creator that's the ones that will become possible.

To listen to the rest of the interview visit WLJS' YouTube page at <http://www.youtube.com/user/wljs919#p/u>.



Rick Bragg

COURTESY UNIVERISTY OF ALABAMA

Q: I've heard you say that [The Prince of] Frogtown was a book that you never really intended to write. What changed that?

A: There were two factors: the first was becoming a stepfather. The second was that I felt that I hadn't really done my daddy justice when I wrote All Over But the Shoutin'. Everything in that book was one hundred percent true, but nobody is one-dimensional, you know? No one is all good or all bad. I felt like I needed to show that.

Q: You are the subject of a new documentary. Is there a chance that we will see any of your books made into motion pictures?

A: There have been a few movie offers, but I'm reluctant about it, just because of my mama. When I write a book, I have control. I can portray people and events the way they really are. I'm not ready to relinquish that control to a movie studio. But who knows? Maybe someday something will work out.

Q: What advice do you have for writers?

A: Read everything that you can get your hands on that you love. There has never been a good author who didn't love to read. Find an author or topic that you love, and read the heck out of it. And don't believe that writing is just for the aristocracy or something. It's not. Everyone has their own story to tell. But talking is easy. Writing is hard.

Combating the freshman 15

By **CLAIR JACOBS**
STAFF WRITER

As we near the first month of the Fall 2011 semester, students are slowly getting back into their college routine. Incoming freshmen are now facing the infamous Freshman Fifteen. Upperclassmen, pay attention; you're just as capable of gaining your own Fifteen as the freshmen are.

This comes after Gallup released the state-by-state and nationwide obesity rates. Up until this most recent sampling, Colorado was the only state in the U.S. to have a statewide obesity rate of under 20 percent. Unfortunately, that is no longer the case. In the recent release, Gallup now shows every state to have an obesity rate of at least 20 percent, with Colorado still ranking as the least obese, at 20.1 percent. West Virginia ranks as the most obese, at 34.3 percent. The nationwide average from the first half of this year lands at 26.3%, rising from 25.5 percent from 2008.

Alabama ranks at 30th most obese, and while the rate dropped just over 1% from last year, that is still staggeringly high up on the list. Healthy eating and exercise habits that can be learned in col-

lege can help prevent Alabama's rank from rising higher, and could even lead to a decline in the nationwide obesity rate.

Here are some quick tips for preventing the Freshman Fifteen:

While at Jazzman's or Java Jolt, choose "skinny" drinks:

College is a time for early mornings and all-nighters, and if you find yourself jonesing for that morning wake-up or that extra kick to get you into the night, coffee will be your best friend. However, when you're at the counter, order wisely. Ordering a regular coffee will be your best choice when it comes to calories (approximately 2 per 8oz), but when ordering a latte or mocha, be sure to ask for it to be made "skinny" - which means it's made with skim milk and/or sugar-free syrups. Making that simple change could cut 100 or more calories out of your drink.

Avoid Ramen:

I know, I love Ramen noodles too - but look at the nutritional information on the back. That tasty, nuked-in-five-minutes treat is a diet killer. One package of Ramen

is 380 calories (126 are from fat), 52g of carbohydrates, and a whopping 1,540mg of sodium. Scary, right? Ramen may be one of the cheapest things a college student can buy, but you will definitely pay for it in the long run.

To work out your stress, go work out:

If coffee will be your best friend as a college student, stress will be your mortal enemy. Morning classes, intense professors, bus schedules, roommates, homework, finals, relationships, lack of funds... college is stressful. However, an easy way of working through the stress of your day is going for a run on the treadmill. Stephenson Hall has several workout rooms to utilize, and the Coliseum has a weight room, walking track, and a swimming pool.

Walk or bike to class:

There's nothing better than a walk or a bike ride on a brisk fall day. If you have the time (and if the weather is nice), walking or biking is an easy way to take off the calories.

Gamecock Sports



Cock Volleyball: "Work Hard, Play Hard"

By DANIEL PORTER
SPORTS WRITER

Jacksonville State has a high level of expectations in its academic fields and so too in its athletic programs. Each year football, softball, basketball, and many other sports plan to have high performance seasons, and volleyball is no different.

Coach Joseph Goodson is in his first season as JSU's head volleyball coach. He is only the fifth head coach in program history. He came from Wisconsin-Green Bay where he spent the previous four years as an assistant. This is Goodson's first position as head coach, which he says was one of the points that attracted him to the job, alongside the fact he could return closer to family he has in Atlanta.

The season started slow for the Gamecocks as they began 2-8, but won their first conference game of the season against the Golden Eagles of Tennessee Tech. Goodson said he was "very pleasantly surprised" at the turnout and fan support at Tuesday's first home game of the season, knowing that Alabama is not a volleyball heavy state.

Of the Gamecocks' eight losses, three have come from top, highly known programs in LSU, Miami, and Purdue. Goodson stated that facing those teams has "absolutely" helped them get better and improve for play down the road.

Goodson has a high standard for his student athletes both on and off the court expecting them to do their

best in the classroom and be role models. A phrase he says the team likes to use is they "work hard, play hard."

Goodson believes that the team can compete for an OVC Championship year in and year out. "We're building a program, not just a team," said Goodson. In making that top program that is expected work, the team stresses three important basics in: communication, believing in each other and caring for each other.

Goodson loves volleyball because he believes it's the "ultimate team sport."

"In basketball when I have the ball I don't have to pass it, I may not need you, and in football you basically have two different teams in offense and defense," Goodson adds "In volleyball you have six players in a small area who all have to work together." Goodson is not just a good leader for his team on the court but in the classroom as well, as he himself holds degrees in Biology and Psychology from Berry College, and also a Masters in Sports Medicine from the U.S. Sports Academy.

He is proud of his Sports Medicine degree stating it helps him coach and judge opponents. "I can look at an opponent's body and tell what they are physically capable of doing before they actually perform," said Goodson. It is this kind of skill that can help Goodson plan strategy and help the Gamecocks move closer to becoming a top program like Penn State, Texas, and USC, which ultimately is his plan.

No Huddle...

Lariviere, Pelletier Claim OVC Soccer Honors

BRENTWOOD, Tenn. – Jacksonville State's Nathalee Lariviere and Chelsea Pelletier were named Adidas Ohio Valley Conference Players of the Week, released by the league office on Tuesday.

Lariviere was named the OVC Offensive Player of the Week, while Pelletier claimed the league's Defensive Player of the Week honor after both led the Gamecocks to a 1-0 win over Jackson State last Friday along with scoring both JSU goals in the tough setback to Troy on Sunday.

"This is a wonderful achievement for both these players to be honored by the conference," head coach Julie Davis Carlson said. "They both have been very influential throughout our season. Lariviere has really been impressive to watch and has been a huge threat in our offense. Pelletier has been training in a couple of roles. Her speed and quickness, along with her determination, has really influenced our ability to dominant defensively in her area of the field. We are very proud of them to have their success be recognized as part of this program," said Carlson.

Lariviere registered the golden goal in the overtime contest with the Tigers of Jackson State. The Ontario, Canada also put Jax State on the scoreboard early in the Troy match with a goal in the 2nd minute on Sunday. The forward finished the

weekend with six total shots, three coming on goal.

Pelletier supported JSU's line of defense in both matches, but also contributed to the Gamecocks' scoring attack. The Fort Worth, Texas senior flicked the ball to Lariviere on Friday for the game-winning goal. Against Troy, Pelletier posted JSU's second goal of the match just moments after the halftime break. The goal was her first of the season and 19th of her career, which moved her into fifth-place on the school's all time career goals list.

JSU returns to the pitch this weekend as it opens Ohio Valley Conference play on the road. Jax State will opens the conference slate on Friday in Edwardsville, Ill. taking on OVC-newcomer SIU Edwardsville. Kick off is set for 1 p.m. JSU wraps up the opening week of league play on Sunday at Noon.

-From Sports Wire



Photo by Sports Information Desk

FCS COACHES POLL

(Sept. 19, 2011)

Team (1st Votes)

Record

Points PP

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help the Gamecocks move closer to becoming a top program like Penn State, Texas, and USC, which ultimately is his plan.



File Photo of new Head Volleyball Coach Joseph Goodson.
Photo by Sports Information Desk

Sports Trivia!

Kansas City Chiefs' safety Eric

Berry played for which SEC University?

Answer: Tennessee

FCS COACHES POLL

(Sept. 19, 2011)

Team (1st Votes)	Record	Points PR
1. Georgia Southern (25)	2-0 697	1
2. Northern Iowa (3)	1-1 666	2
3. Appalachian State	2-1 642	3
4. Montana State	2-1 615	4
5. William & Mary	2-1 568	5
6. Delaware	2-1 515	7
7. Richmond	3-0 514	9
8. Wofford	1-1 488	8
9. Montana	2-1 462	11
10. James Madison	2-1 383	14
11. New Hampshire	1-1 369	12
12. North Dakota State	2-0 359	6
13. Southern Illinois	1-1 342	15
14. Chattanooga	2-1 314	17
15. Jacksonville State	2-1 284	16
16. Lehigh	1-1 235	19
17. Stephen F. Austin	1-2 220	13
18. McNeese State	1-1 190	22
19. Massachusetts	2-0 171	25
20. South Dakota	2-1 165	23
21. North Dakota	1-2 136	NR
22. Eastern Washington	0-3 117	10
23. Liberty	1-2 83	20
24. Youngstown State	2-1 70	NR
25. South Carolina State	1-2 69	21

Lady Gamecocks snag first win over Jackson State

By DERRICK ROBINSON
STAFF WRITER

The Jacksonville State University women's soccer team kicked off a winning weekend with an overtime victory of 1-0 against the Jackson State Lady Tigers.

The Lady Gamecocks, looking for their first win of the 2011 season, changed things up by coming out and wearing their all white uniforms. "The all white uniforms are really cool to wear at home, figuratively and literally for a hot day," said senior forward Chelsea Pelletier.

Pelletier also gave the assist on the winning goal in overtime. At the 6:18 mark in the first overtime period Ontario, Canada native Nathalee Lariviere received the pass from Pelletier to score the go ahead goal for the win. "Once I saw Nat (Lariviere) and Katie (Katie Manns) making their runs, I just tried to give them a good ball," said Pelletier about her assist.

JSU had been getting some pretty good looks on their shot attempts all game but could not finish. At the end of regulation JSU led Jackson State 23-9 in shot attempts. "We had some people hungry to put that game away who were getting in the box play-after-play looking for a solid opportunity," said Pelletier, "Every opportunity has to be put away to win games."

The Lady Gamecocks finished the game with 25 total shot attempts. Junior defender Katie Manns, Freshman Jackie Rush along with Lariviere all led the way with four shot attempts each. Junior goalie Katelyn Geddings

turned in another stellar performance on the evening. Geddings tied her career high of stops with eight for the second time this season, and this also marked her first shutout of the season.

Jackson State recorded no shot attempts in overtime while the Lady Gamecocks only needed two attempts in overtime to get the job done.

After the winning goal was scored, the whole JSU team celebrated in the middle of the field. "The moment I saw that ball in the net, it felt like a weight was lifted off my shoulders and I couldn't control my excitement," said Pelletier, "It was fantastic to win in front of our home crowd who has supported us throughout the entire season, no matter what the result."

While this win marked only the first win of the season, the Lady Gamecocks have a lot to build upon going into the rest of the season. "Now that we have a win under our belt, our team is ready to roll when the OVC starts next week," said Pelletier.

Conference play for JSU begins September 23rd with an away game in Edwardsville, Illinois against Southern Illinois University Edwardsville (SIU).

The Lady Gamecocks closed out their non-conference play with a last second heart breaking loss to Troy University this past Saturday. Troy's winning goal was scored with only nine seconds left in the game.

JSU will be looking to rebound that loss on the 23rd when they face SIU. JSU's next home game will be September 30th against Morehead State.

SPORTS



Clarence Jackson (10) returned a blocked punt for a TD on Saturday. Jackson is a transfer from Ole Miss.
Photo by Sports Information Desk

No Contest! JSU sends GSU home packing 37-21!

By JARED SIMPSON
STAFF WRITER

On Saturday, September 17 the JSU Gamecocks hosted Georgia State University at Burgess-Snow Field. The weather conditions were excellent for Gamecock football entertainment. All the players were hyped and ready to compete for the game at stake.

"We lost last week in Chattanooga and we must redeem ourselves and show that we can run the ball and make things happen on the ground," said offensive lineman Michael Ellis.

The first quarter saw the gamecocks get on the board early as Quarterback Coty Blanchard would find Kevyn Cooper for a 28-yd strike with 9:56 remaining on the clock. Georgia State responded with 3:10 left in the first with a touchdown pass of their own when Bo Schlecter connected to Arthur Williams for an 11-yard score.

"We had a very competitive game last week and I thought in the first half we were

cial teams did not allow the field goal attempt leaving it all tied up at 14 going into halftime.

The Gamecocks would receive the ball to start the second half and marched down the field where they would take the lead off of James Esco's field goal.

The Gamecocks defense began making stops and frustration on the Georgia State side caused penalties as a personal foul was called against them.

"We are the gamecocks and we back down from nobody," said Ellis. "I believe that altercation helped enhance the whole teams play and create more fuel to our fire."

Blanchard would run it in for a score with 4:16 left in the third. Georgia State's last score would be on the following possession with 34 seconds remaining in the third making the score 24-21 going into the fourth quarter.

From there on out it was all JSU as Washun Ealy would score from four yards out to build on the JSU lead.

Gamecocks Forced To Move On Without Ivory

By EMILY HAYES
SPORTS WRITER

Gamecock fans are pleased with the performance of sophomore quarterback Coty Blanchard. Named 2010 OVC Freshman of the Year, Blanchard stepped in after Marques Ivory's second-quarter injury during the UT-Martin game.

Ivory underwent surgery for his fractured right fibula and is out the remainder of the season. According to Ronnie Letson, offensive coordinator and quarterback coach for the Gamecocks, he's ahead of schedule. "He's actually been able to move it up and down already," said Letson, "where it usually takes four weeks to do that." Ivory is currently on crutches and prohibited from walking for a six-week period. "He's still got a long way ahead of him," adds Letson.

His medical redshirt status is yet to be determined and in fact, the athletic department won't know until the season is complete. "It's bad for Marques, going into his senior year, and I'm sad that he's not going out the same year I am," said senior offensive lineman Michael Ellis. "But I'm kind of jealous he may be sticking around with a chance to come back stronger than what he was."

Although Blanchard missed spring practice due to his baseball obligations, he's caught on quickly. This past weekend he scored three touchdowns to lead the Gamecocks to a 37-21 win over Georgia State, which moved them up in both major Football Championships Subdivision Top

ground," said offensive lineman Michael Ellis. The first quarter saw the gamecocks get on the board early as Quarterback Coty Blanchard would find Kevyn Cooper for a 28-yd strike with 9:56 remaining on the clock. Georgia State responded with 3:10 left in the first with a touchdown pass of their own when Bo Schlecter connected to Arthur Williams for an 11-yard score.

"We had a very competitive game last week and I thought in the first half we were suffering from an emotional hangover from the week before," said Coach Jack Crowe.

The second period was all defense as linebacker Clarence Jackson, who was recently made eligible to play, paid off the anticipation in his debut.

With 11:09 remaining, Jackson blocks an attempted punt from Georgia State and returned it for a touchdown to put JSU up 14-7.

Momentum would shift however as on the following kickoff, Georgia State would return the ball over 70 yards. This would set up a three yard TDrin.

Despite a JSU fumble with 2:46 remaining, Georgia State could not capitalize before the half as a huge stand by the JSU spe-

play and create more fuel to our fire. Blanchard would run it in for a score with 4:16 left in the third. Georgia State's last score would be on the following possession with 34 seconds remaining in the third making the score 24-21 going into the fourth quarter.

From there on out it was all JSU as Washun Ealy would score from four yards out to build on the JSU lead.

It was a stellar ending as the JSU defense never allowed Georgia State to score again and the offense kept on clicking as Blanchard would score on another run to secure the victory.

"It feels good to get this victory and

"We are the gamecocks and we back down from nobody"

-OL Michael "Big Mike" Ellis

do it in running fashion. We can play with the best of them on any given Saturday" says Ellis. The Gamecocks must now focus on OVC opponent Eastern-Illinois as they will roll into town on September 24 to face off on Burgess-Snow Field.

Although Blanchard missed spring practice due to his baseball obligations, he's caught on quickly. This past weekend he scored three touchdowns to lead the Gamecocks to a 37-21 win over Georgia State, which moved them up in both major Football Championship Subdivision Top 25 polls. "Coty's not new to the position, he's been in big-time games before," said Ellis. "We feel pretty confident in him."

According to Letson, Blanchard is expected to play the majority of snaps the remainder of the season. "He's done a really good job so far of learning, of studying the game more, understanding what we're trying to do."

The Gamecocks host Eastern Illinois on Saturday at Burgess-Snow Field. Kickoff is set for 6 p.m.

The OVC Gauntlet Awaits

By AUSTIN FAULKNER
STAFF WRITER

"We are about to play an Eastern Illinois team that has always been a challenge for us," JSU head football coach, Jack Crowe said at Mon-

"Every game is life or death to stay alive in the competition"

-Coach Jack Crowe

day's press conference. He's right. History shows that this has been a very competitive game since JSU entered the Ohio Valley Conference in 2003. The series is tied at four games apiece between the two teams. Stranger than that is the fact that the home team has typically struggled in this rivalry. Jacksonville is 3-1 when playing in Charleston, Ill. and 1-3 when

they play at Burgess-Snow Field. In Charleston last year, the game came down to a last-second interception by Brooks Robinson.

"We beat them the first couple of years and it has been nip-and-tuck to some degree and we have had some great games with them. Whoever won this game was going to the playoffs, so these games have meant something," Crowe said. The Panthers are 1-2 to begin the season, winning their season opener against Illinois State and then dropping consecutive games to North-

western University and Tennessee Tech. Losing to Tennessee Tech means that EIU starts the season 0-1 in the conference and is now facing an uphill battle to try and get back in contention for the conference title. The Gamecocks on the other hand were picked to win the conference and are sitting atop it with a 1-0 conference

record after defeating UT-Martin in the season opener. Now they are trying to pick up momentum heading into conference play by picking up another win on Saturday.

"We are now playing for the conference championship. Every game is life or death to stay alive in the competition," said Crowe. "Everyone can win it at this point in time and it appears from looking at the league - that there are a lot of the teams in the league that are capable."



File Photo of Jacksonville State University Head Football Coach Jack Crowe.
Photo by Sports Information Desk